

Instructor's Guide

DATE RAPE: A VIOLATION OF TRUST

Introduction

This Instructor's Guide provides information to help you get the most out of *Date Rape: A Violation of Trust*. The contents in this guide will allow you to prepare your students before they use the program, assist them as they navigate through the program, and present follow-up activities to reinforce the program's key learning points.

Date Rape: A Violation of Trust is a 28-minute video targeted to high school and college students to help them gain a clear understanding of what date rape is. Its content is appropriate to such curriculum areas as Health and Wellness, Guidance, Sex Education, Sociology, and Self-Management Education. In addition, the information presented is well-suited to use during freshman orientation at college campuses.

Learning Objectives

After watching the video program, students will be able to:

- Demonstrate an understanding of what rape is and what the differences and similarities are between date rape, stranger rape, acquaintance rape, and sexual assault.
- Explain the common myths and misconceptions related to rape.
- List various examples of date rape drugs, and describe their side effects and symptoms.
- Describe ways to protect oneself against date rape and the use of date rape drugs.
- Demonstrate an understanding of the steps to take and resources to turn to when a person has been raped.

Educational Standards

Date Rape: A Violation of Trust correlates with the American Cancer Society's National Health Education Standards, and the State Standards of the Utah Education Network (UEN) in partnership with the Utah State Office of Education (USOE).

National Standards

Health Education Standard 1 The student will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Education Standard 2 The student will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Health Education Standard 3 The student will demonstrate the ability to access valid information and products and services to enhance health.

Health Education Standard 4 The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Health Education Standard 5 The student will demonstrate the ability to use decision-making skills to enhance health.

Health Education Standard 6 The student will demonstrate the ability to use goal-setting skills to enhance health.

Health Education Standard 7 The student will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Health Education Standard 8 The student will demonstrate the ability to advocate for personal, family and community health.

Source: National Health Education Standards of the American Cancer Society

State Standards

Standard 1 Students develop skills and processes that contribute to the development of a healthy self.

Standard 2 Students develop health-promoting and risk-reducing behaviors used to prevent substance abuse.

Standard 3 Students determine how knowledge, skills, attitudes, and behaviors contribute to healthy relationships with self and others.

Standard 4 Students analyze issues related to health promotion and disease prevention.

Standard 5 Students determine how individual and group behaviors impact personal and community health and safety.

Standard 6 Students plan to incorporate healthy nutritional and fitness behaviors.

Standard 7 Students evaluate health information needed to advocate for personal, peer, family, community, and environmental health.

Source: Utah Education Network Health Education II Standards

Program Summary

To the average student, the definitions of date rape and sexual assault are notoriously unclear. The purpose of this program is to eliminate the confusion, so young adults understand exactly what these things are—and the attitudes and biases that typically accompany them—before anyone gets hurt. Interviews with rape survivors and mental health professionals shed additional light on the trauma caused by rape, the process of post-rape emotional recovery, and the importance of post-rape support by family and friends. Date rape drugs are given special attention, and tips on safer dating are provided.

Main Topics

Topic 1: What is Rape?

The program begins by explaining the truth about rape and highlighting some common myths and misconceptions about why people are raped.

Topic 2: The Rules of the Game

The viewer is made familiar with some rules to follow—from both the female and male perspective—when dating.

Topic 3: The Trauma of Rape

The psychological effects and range of emotions a victim of rape may feel are the focus of this section. The term “secondary victims” is also explained.

Topic 4: Date Rape Drugs

This informative section details some common date rape drugs, including their various street names and resulting effects, and concludes with precautions to take to help avert being victimized by a date rape drug.

Topic 5: Protecting Yourself

The viewer gains insight into ways to protect oneself from date rape in various situations and locations.

Topic 6: If You or Someone You Love...

The program wraps up with resources to turn to when someone becomes a victim of date rape, and reveals how best to help someone coping with having been raped.

Fast Facts

- According to the Rape, Abuse & Incest National Network (RAINN), one in six American women is a victim of sexual assault; about 44% of rape victims are under the age of 18, while 80% are under the age of 30. More than half of all rapes are never reported. Date rape is the most common form of rape and occurs in 78% of all rape cases. Although girls and women are more often the victims of rape, 7-10% of victims are boys and men. One in 33 American men is a victim of sexual assault.
- Males who have been raped may have the same reactions as women—anger, sadness, confusion, and self-blame. Men and boys, however, may show greater hostility and aggression, question their sexual identity, or downplay the assault more than would a female victim.
- Another name for date rape is “drug-facilitated sexual assault.”
- Gamma-hydroxybutyrate (GHB), also known as G, Liquid Ecstasy, Liquid X, Scoop, Easy Lay, or Georgia Home Boy, may sometimes taste salty. If a drink smells or tastes funny, don’t drink it, especially if you have left it unattended for any period of time.
- Rohypnol goes by many names—Roofies, Ruffies, Ruffles, Ruff Up, Rib, Rope, Roche, Roach 2, R2, R2-Do-U, Circles, Circes, Forget It, Forget-Me pill, Mexican valium. Newer pills fizz and turn blue when added to liquids, causing a clear drink to turn blue and a dark drink to turn cloudy—but older versions are colorless and are still widely available, so you can’t rely on a color change to indicate the presence of the drug.
- An inexpensive test kit called “Drink Safe” is available in the form of strips and coasters to detect the presence of drugs. If the color of the strip or coaster changes, drugs have been added to the drink.

- Date rape can be coerced emotionally, not just physically; emotional persuasion can include threats of harm to the victim (or her family) or to the victim's reputation, or insisting the victim "really wants it" or "owes it" in return for something (e.g., for being taken out to an expensive dinner).
- "Rape-Related Post Traumatic Stress Disorder" or "Rape Trauma Syndrome" can be experienced by rape victims. This diagnosis is based on such recurring symptoms as reliving the rape in nightmares, experiencing social withdrawal, exhibiting avoidance behavior, and demonstrating increased sensitivity and reactions (e.g., jumpiness and difficulty concentrating).
- It is never too late to say "no," and never too late to *hear* "no." If someone is incapable of saying "no" due to being asleep or under the influence of alcohol or drugs, that does not mean "yes."
- If a person is raped, the steps to take are: 1) get help, 2) get medical attention, and 3) get counseling. Immediately get to a safe place, and call or go to a hospital or the police. Don't bathe or wash clothing (you'll be washing away evidence); don't go to the bathroom; and don't eat, drink, smoke, gargle, brush teeth, or chew gum. Do talk to someone, such as a crisis hotline or counselor.

Vocabulary Terms

acquaintance rape: Forced sexual intercourse with a person known to the victim.

alcohol: A substance classified as a "date rape" drug because it can impair judgment and causes many of the same side effects as other date rape drugs.

consent: Compliance in or approval of what is done or proposed by another. Having the inability to say "No" due to impaired abilities from drugs or alcohol does not constitute consent under the law.

date rape: Sexual intercourse forced by someone who the victim knows and/or has a date with.

date rape drug: Any one of a dangerous group of drugs that is used to assist in a sexual assault or rape by inhibiting memory, and causing a victim to become confused and/or physically helpless. Side effects include drowsiness, dizziness, confusion, lowered inhibitions, hallucinations, vomiting, loss of consciousness, and even death. Examples of date rape drugs include GHB, Rohypnol, and Ketamine. Alcohol can also be considered a date rape drug.

GHB: Also known as G, Liquid Ecstasy, or Georgia Home Boy, this date rape drug comes in several forms: liquid with no odor or color, white powder, and as a pill.

hate crime: A crime, usually violent, that is motivated by prejudice or intolerance toward that person's gender, race, sexual orientation, religion, or social/political beliefs.

Ketamine: Also called K, Special K, or Lady K, this date rape drug comes in the form of a white powder.

rape: When a person forces someone else to have sex without consent and against his or her wishes.

rape-crisis center: Any center where a victim of rape or sexual assault can go or call for help. Locations and numbers for local rape crisis centers can be located via <http://www.rainn.org/counseling-centers/index.html>. The National Sexual Assault Hotline (operated by RAINN) is another resource that can be called 24 hours a day at 1-800-656-HOPE (4673).

Rohypnol: Often called Roofies, Ruffies, Ruffles, Ruff Up, Rib, Rope, Roche, Roach 2, R2, R2-Do-U, Circles, Circes, Forget It, Forget-Me pill, or Mexican valium, this date rape drug is a pill that dissolves in liquids and that can cause reactions ranging from lowered inhibitions to unconsciousness and even death. A newer formulation of the pill turns blue when added to liquids, but much of the Rohypnol still available does not.

secondary victims: Family, partners, or friends of the victim who have also been affected by an assault.

sexual assault: When someone forces another to engage in any type of sexual activity (sexual intercourse or otherwise) against his or her will.

stranger rape: Rape in which the victim does not know his or her attacker.

Pre-Program Discussion Questions

1. What are some common misconceptions about why people are raped?
2. What is date rape? Is it the same thing as rape?
3. What is a "date rape drug"? What does it do, and how is it used?
4. Is alcohol considered to be a date rape drug? Why or why not?
5. What precautions do you take right now to avoid being a victim of date rape?
6. What should someone do—and not do—if he or she has been raped?

Post-Program Discussion Questions

1. List various kinds of rape.
2. If a male rapes another male, is the rapist homosexual? Can it turn the victim gay? Can a rape of a female by a male turn the female into a lesbian?
3. Name specific date rape drugs, their street names, and their effects.
4. Discuss the concept of alcohol as a date rape drug.
5. Describe various ways a person can say "No" and show non-consent to sexual advances.
6. Discuss various ways to protect yourself from date rape in these scenarios: in general; when dating someone new; at a party; at a bar.
7. Explain various ways of saying "No" to sexual advances. What can you do if the other person refuses to stop?

Individual Student Projects

1. Have you ever been in or witnessed a situation (such as at a party or on a date), where it became or could have turned into a date rape situation? What circumstances led up to it and how was the situation averted? What did you learn from the experience, and how could you (or the person you witnessed) take better precautions in the future? Write an essay explaining what happened and your conclusions.
2. Investigate how rape crisis centers, hotlines, or counseling centers make a difference. Why are they so effective in assisting victims, their families, and their friends in coping with date rape? Has the Internet provided more help or resources to victims? In what way(s)? Create a presentation or write a paper that shares your findings.
3. Think about how to be a "responsible dater."
 - If you are female, write about how you can take precautions on the dating scene (both at parties and while on dates), and how you believe males should act in various situations to promote a safe, healthy, and respectful relationship.
 - If you are male, write about what precautions to take and how you can act in various situations to promote a safe, healthy, and respectful relationship and/or act at a party when meeting new people.

Group Activities

1. Have the class create posters detailing date rape myths and realities. Among the "myths" to be addressed might be the following: *If she doesn't fight back, it isn't rape; After a certain point, a man can't stop himself; She was asking for it; She knew what she was getting into; She is lying.*
2. Divide the class into small groups and assign each group one of the following topics. The group should create a poster for the precautions to take in that situation:
 - Around school or on campus
 - At an on-campus party
 - At home
 - With someone new
 - To thwart the use of date rape drugsThen, as a class, create a poster of support for victims, including both resources to call nationally and in the local area, and steps to take if an attack occurs (both from the victim's perspective and from that of the friend or family member).
3. If possible, bring a self-defense instructor to class to review how to combat an attack. Discuss ways to avoid the situation in the first place, and then discuss and demonstrate specific steps and physical actions to take to escape during various types of attacks (wrist hold, attack from behind, etc.).

Internet Activities

1. Go online to research resources in your area and/or online for date rape victims. How do these resources help? Talk to a rape counselor and interview him/her about how s/he helps victims cope with the trauma and psychological effects of date rape. Write a paper detailing your findings.
2. Use an Internet search engine to find a date rape victim's story. What are some of the after-effects of date rape? Where did the victim turn for help, and how did s/he cope with the attack? What are some other resources the victim could have used?
3. Use the Internet to research how date rape drugs are made, sold, and used. Is there a problem of usage or distribution in your area? If so, what steps are being done to combat the problem; if not, what steps (if any) have been done to keep the problem at bay? Think of additional solutions and ideas to stop the use of date rape drugs. Write a paper or create a presentation of your research and ideas.

Assessment Questions

1. Which of these is considered rape? Select all that apply.
 - a) Rape
 - b) Stranger rape
 - c) Acquaintance rape
 - d) Date rape
 - e) Rape by a friend
 - f) Rape by a boyfriend/husband
 - g) Rape by a girlfriend/wife
 - h) Rape by a male of a male

2. Which of the following statements is true about being raped by someone of your same gender? Select all that apply.
 - a) The rapist was gay.
 - b) You sent signs that you were gay.
 - c) You will change your sexual orientation as a result of the rape.
 - d) None of these.

3. True or false: If both a male and a female are intoxicated and the female doesn't agree to having sex, but neglects to say "No," because she is too drunk, the male cannot be prosecuted for date rape.

4. True or false: If you have had sex with a person before, or are dating, you cannot be charged with date rape or sexual assault.

5. Which of the following means you must stop if it is a person's response to your sexual advances? Select all that apply.
 - a) No response at all.
 - b) Hands up and pushing away.
 - c) Rezippering or rebuttoning clothing.
 - d) A quiet or hesitant "Maybe we should stop."
 - e) A loud "No."
 - f) "Stop."

6. True or false: Date rape using a date rape drug carries an even stiffer penalty than date rape without it.

7. *Choose the correct answer.* [GHB / Ketamine / Rohypnol] may sometimes taste salty. [GHB / Ketamine / Rohypnol] is colorless but may turn blue when added to liquids. [GHB / Ketamine / Rohypnol] comes in the form of a white powder.
8. True or false: Alcohol is considered to be a date rape drug.
9. What is a secondary victim?
- a) The second victim attacked by a rapist.
 - b) A rapist who is an acquaintance of the victim.
 - c) The friend, partner, or family member of the victim.
 - d) All of these.
10. What should a victim do immediately if s/he is raped or believes s/he has been drugged? Select all that apply.
- a) Get to a safe place.
 - b) Get medical attention.
 - c) Call a rape crisis hotline.
 - d) Do nothing; try to forget about it and get on with life.
 - e) Take a shower.
 - f) Wash clothing.
 - g) Go to the bathroom.
 - h) Gargle and brush teeth.

Assessment Questions Answer Key

1. Which of these is considered rape? Select all that apply.

- a) Rape
- b) Stranger rape
- c) Acquaintance rape
- d) Date rape
- e) Rape by a friend
- f) Rape by a boyfriend/husband
- g) Rape by a girlfriend/wife
- h) Rape by a male of a male

All of these are correct. All are examples of rape.

2. Which of the following statements is true about being raped by someone of your same gender? Select all that apply.

- a) The rapist was gay.
- b) You sent signs that you were gay.
- c) You will change your sexual orientation as a result of the rape.
- d) None of these.

The correct answer is (d). Rape by a male of a male does not mean the rapist was gay. In fact, more same-sex rapes are committed by heterosexual men than homosexual ones. Being raped by someone of the same sex has everything to do with the rapist, not the victim; being raped does not mean the victim sent off "gay signals" or will become gay as a result of the crime.

3. True or false: If both a male and a female are intoxicated and the female doesn't agree to having sex, but neglects to say "No," because she is too drunk, the male cannot be prosecuted for date rape.

This statement is false. If a female is incapable of saying "No," due to being impaired by alcohol or drugs, the male can still be prosecuted for date rape, even if he was impaired as well.

4. True or false: If you have had sex with a person before, or are dating, you cannot be charged with date rape or sexual assault.

This statement is false. You must get consent to sex each and every time. Any time your partner does NOT give his or her consent and you attempt to have sex anyway, it is considered non-consensual, and a crime.

5. Which of the following means you must stop if it is a person's response to your sexual advances? Select all that apply.

- a) No response at all.
- b) Hands up and pushing away.
- c) Rezippering or rebuttoning clothing.
- d) A quiet or hesitant "Maybe we should stop."
- e) A loud "No."
- f) "Stop."

All of these are correct. Each one means you must stop; you do not have the consent to continue with your sexual advances.

6. True or false: Date rape using a date rape drug carries an even stiffer penalty than date rape without it.

This statement is true. It is a federal crime to use any drug and commit date rape.

7. Choose the correct answer. [GHB / Ketamine / Rohypnol] may sometimes taste salty. [GHB / Ketamine / Rohypnol] is colorless but may turn blue when added to liquids. [GHB / Ketamine / Rohypnol] comes in the form of a white powder.

GHB may sometimes taste salty. *Rohypnol* is colorless but may turn blue when added to liquids. *Ketamine* or *GHB* comes in the form of a white powder.

8. True or false: Alcohol is considered to be a date rape drug.

This statement is true. Alcohol is considered a date rape drug because it can affect judgment and behavior.

9. What is a secondary victim?

- a) The second victim attacked by a rapist.
- b) A rapist who is an acquaintance of the victim.
- c) The friend, partner, or family member of the victim.
- d) All of these.

The correct answer is (c).

10. What should a victim do immediately if s/he is raped or believes s/he has been drugged? Select all that apply.

- a) Get to a safe place.
- b) Get medical attention.
- c) Call a rape crisis hotline.

- d) Do nothing; try to forget about it and get on with life.**
- e) Take a shower.**
- f) Wash clothing.**
- g) Go to the bathroom.**
- h) Gargle and brush teeth.**

The correct answers are (a), (b), and (c) only. Get help (go to a safe place), get medical attention at a hospital or clinic, and/or call a rape crisis hotline if you are unsure what to do or to get counseling to help you cope. Don't do nothing. Since drugs only remain in the system for a short period of time and to ensure that any physical evidence is collected, do NOT take a shower, wash clothing, go to the bathroom, or gargle or brush teeth.

Additional Resources

Family Violence Prevention Fund

www.endabuse.org

Men Can Stop Rape

www.mencanstoprape.org

The National Center for Victims of Crime

www.ncvc.org

National Youth Violence Prevention Resource Center

www.safeyouth.org

The National Women's Health Information Center

www.4woman.gov

Rape, Abuse & Incest National Network (RAINN)

www.RAINN.org

TeensHealth

www.kidshealth.org/teen

Click on "Your Mind," then scroll down to "Relationships" and click on "Date Rape"

StopViolence.com

www.stopviolence.com/rape.htm

Additional Resources from www.films.com • 1-800-257-5126

Confronting Date Rape: The Girls' Room

- DVD/ VHS
- Preview clip online (search on 8464)
- Correlates to educational standards
- Award of Excellence, The Videographer Awards
- Certificate of Creative Excellence, International Film & Video Festival
- Gold Award, Aurora Awards
- Award of Distinction, The Communicator Awards
- "Recommended as an excellent choice. The dialogue is clever yet natural sounding, and the overall program is very watchable. Ideal as a discussion starter. A valuable addition to any school collection." —*Teacher Librarian*
- Item # 8464

Date rape is a crime of anger, power, and control, not sex. This program follows four girls who meet every morning to discuss their lives, their loves, and their feelings. When one of them is raped by a friend, the consequences are devastating. Did she lead him on? Was it okay, since they had been dating for a while? She said "No," but was that enough? The final portion of the program includes interviews with rape crisis counselors and psychologists, who examine the causes of date rape and the long- and short-term psychological consequences. An excellent presentation of a pertinent topic. A Cambridge Educational Production. (48 minutes) ©1998

Date Rape Drugs: An Alert

- DVD/ VHS
- Preview clip online (search on 10381)
- Correlates to educational standards
- Item # 10381

Although there are many sources of excellent personal safety tips for men and women, there is a new danger that you can't see, smell, or taste. This video will refresh viewers on safety precautions to take that will greatly reduce the risk of being raped. And beyond that you will hear information on Rohypnol and other "date rape drugs" ...their street names, how they affect your body, what they look like, and how they can be administered. This video also provides concrete examples of how to protect yourself by using common sense. It's no longer enough to be aware of your surroundings, your companions, and keeping yourself out of potentially dangerous situations. Information is the key to protecting yourself against the misuse of these drugs. A Meridian Production. (16 minutes) ©1999

Healthy Relationships

- DVD/ VHS
- Preview clip online (search on 11425)
- Correlates to educational standards
- Recommended by *School Library Journal*.
- Item # 11425

Emotional abuse, fits of jealousy, and the use of physical force have no place in a healthy romantic or friendly relationship. This enlightening program offers teenagers practical approaches to nurturing healthy behavior in themselves and in others. Experts offer guidelines for dealing with specific dating or friendship problems and for handling peer pressure, which often leads to poor choices in teen relationships. Tips for ending unhealthy relationships are included as well. A Cambridge Educational Production. (33 minutes) ©2000

Male Rape

- DVD/ VHS
- Item # 7326

In one year, 606 cases of sex abuse against males were investigated in London, but it is estimated that this represented only 10% of the actual occurrences. In this program, members of Survivors, a counseling support group for men who have been sexually abused, speak out about their experiences and challenge what they see as society's reluctance to acknowledge the problem. Group members explain how fear of being labeled homosexual, or of not being believed, prevents most victims from reporting incidents. A man who was systematically raped by a family friend in childhood discusses his experiences. The leader of Survivors, Martin Dockrell, challenges the myth that men who sexually assault men or boys are usually homosexual. A BBC Production. (42 minutes) ©1991

The Dating Bill of Rights

- DVD/ VHS
- Preview clip online (search on 8454)
- Correlates to educational standards
- Emmy Award—Outstanding Children's Program
- "Young adults should be able to enjoy this energy-charged production and obtain helpful information from it."
—*School Library Journal*
- Recommended by *The Book Report* and Video Librarian.
- Item # 8454

Dating is an important part of becoming an adult, but it can also be confusing and frightening. This Emmy Award-winning program presents basic guidelines that clarify common myths, such as that "no" really means "yes." Abuse and respect, sexual stereotypes, how to break up, and preventing violence are all discussed, along with what true love is ... and is not. Skits, dialogue, and quizzes engage the audience and present sensitive material in a lively format. (26 minutes) ©1998

The Rape Drug: A New Menace

- DVD/ VHS
- Preview clip online (search on 7657)
- Correlates to educational standards
- "Provides a valuable introduction." —*Feminist Collections*
- Item # 7657

This program examines the use of the drug Rohypnol to sedate women in order to take sexual advantage of them on dates. It follows two such cases through interviews with victims and their attorneys. The drug, both odorless and flavorless, can be mixed with alcohol and renders the victim easy prey for her attacker. Available in 64 countries, the drug also leaves its victim with complete or partial amnesia, making prosecution of offenders nearly impossible. This program puts the spotlight on a growing social problem. (26 minutes) ©1997

When No Means No: The Date Rape CD-ROM

- CD-ROM
- "The use of victims and assailants telling their stories in their own words is powerful. Recommended."
—*Technology Connection*
- Item # 8036

Utilizing footage from the award-winning *Date Rape: Behind Closed Doors*, this multimedia program actively involves the student in learning the definition of rape and the myths and misconceptions surrounding this crime. In this eye-opening format, users explore the issues surrounding acquaintance rape and specific actions they can take to help them avoid becoming victims of date rape, along with coping strategies should it happen to them or someone they know. Students view video clips packed with useful information and answer a series of related questions (True/False, Multiple Choice, Hot Spots). Answer a question correctly and the student proceeds. Answer a question incorrectly and the program quickly reviews the video segment in which the information was covered. This effective and interactive program discusses the serious consequences of rape and creates an understanding of this crime of violence. A Cambridge Educational Production. ©1996.